

April 29, 2009

Dear District 102 Parent(s),

District 102 is very aware of the recent development of the Swine Flu and below is some information. If District 102 gets a suspected and/or confirmed case, we will follow direction from the Lake County Health Department, which could include closing schools. If the district closes a school, the normal procedures will be followed to close school (inclement weather procedure). District 102 is following the local, state, and national guidelines for the flu. District 102 is also following additional precautions like additional hand washing during the day, additional cleaning of the school buildings, and other precautionary measures.

District 102 Parents Notification on Swine Flu Response & Health Guidelines

Human cases of swine influenza A virus infection have been identified in the United States. No laboratory confirmed cases have been identified to date in Illinois. The outbreak is ongoing and additional cases are expected. CDC has issued a travel advisory regarding not traveling to Mexico unless absolutely necessary.

Reminder to Parents:

Children with febrile respiratory illness need to stay home. The symptoms of flu include:

- Fever >101, cough, sore throat, muscle joint aches, shortness of breath.
- Other symptoms may include diarrhea, vomiting, and ocular (eye) pain.
- Incubation (how soon symptoms appear) is 24-to 48 hours after exposure.

School District 102 will send your child home if exhibiting symptoms of the flu or with a temperature >100. Please make sure the school has your correct emergency phone numbers.

Preventing Swine Flu: Good Health Habits Can Help Stop Germs

Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

1. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. If possible, stay home from work, school, public gatherings, and errands when you are sick. You will help prevent others from catching your illness.
3. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
5. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For specific concerns

<http://www.lakecountyil.gov/health/default.htm>

<http://www.idph.state.il.us/>

<http://www.cdc.gov/swineflu>

If you have any questions, please contact Megan Clarke, Director of Student Services at 847/353-5676.

Sincerely,

Dr. Jon Mink